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metroNEWS

Wynter Ducharme brought her three-year-old daughter Rayne to a vigil at city hall on Monday. HELEN PIKE/METRO

Calgary earns a 'B'

ECONOMY

Vital Signs report issues lower marks than last year

 **Helen Pike**
Metro | Calgary

The Calgary Foundation is crediting a poor economic climate for the city's sustained "B" letter grade in this year's Vital Signs report.

Although last year the city scored mainly Bs, the 2015 results are in and peppered with B- and C+ grades in both the Living Standards and Thriving Populations metrics, but Kerry Longpré of the Calgary Foundation said this year's economic climate had the city scoring lower in areas most affected by the oil bust.

The Calgary Foundation's annual report measures the "vitality" of Calgary by identifying trends through citizen surveys in 21 key issues.

"It wouldn't be a surprise to hear the two areas that went down were Thriving Populations and Living Standards," said Longpré, adding the people in those groups — indigenous peoples and the elderly — may have troubles in tough economic times.

"Two out of three Calgarians feel confident and comfortable in their city, but it isn't lost on any of us there are a lot of people losing jobs. Housing is still really tight."

In nine years of running the survey and releasing a report, Longpré said the foundation hasn't given out an "A" yet.

"Our purpose in producing the report is to look at both what's working and what's not working in our city," he said.

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EDUCATION

NDP silent on walk



This morning, students, parents and members of government will walk 1.8 kilometres to the Calgary Board of Education Trustee board meeting. Organizers say, however, no NDP MLAs have confirmed their attendance.

The Calgary Association of Parents and School Councils (CAPSC) said it's organizing the event to help stakeholders experience the distances some students must walk to reach their congregated bus stops.

Lisa Davis, president of CAPSC, said a number of MLAs have confirmed that they will join in on the walk, including Ric McIver, interim leader of the PC party, and five or six conservative MLAs.

Davis said Wildrose Calgary-Foothills MLA Prasad Panda will be in Edmonton being sworn in, but he will try to send a representative in his place.

The Minister of Education, David Eggen, said he hadn't spoken with any Calgary NDP MLAs about their attendance in the event.

"I haven't talked to anybody," he said. "Our MLAs are very mindful of their constituents to make sure kids are safe and that the buses and schools in general are running properly."

Davis said she's still hopeful representatives from all major parties will be able to join her at 11 a.m. when the walk starts at the McDougall Centre Park.

Door-knockers asked to dig deep

POLITICS

Prepare to pay up if you want to chat with this couple



Helen Pike
Metro | Calgary

As a canvasser was making their way down a narrow Castleridge cul-de-sac Amanda Forster came up with an idea hoping to fend off yet another supper-time interruption.

Her partner, Brendan Hood, jumped into action typing up a sign that reads: "Politics discussed for a flat fee of \$15, Power/Utility Plans discussed for \$50, all Other Salespeople \$40 Per Visit, Cash only," to post on their door.

"I didn't quite make it before he knocked on the door," Hood said.

"It would be nice to supplement the income a little bit, but I think for me — it's funny — I figured it would be a funny thing to put on my door."

He has been involved with the community association in the past and knows all the federal candidates personally. Hood hopes if politicians show up in person to make the sign into a talking point, but he doesn't expect anyone to show up with



Brendan Hood has hung a cheeky sign on the door of his Castleridge home, hoping to ward off unwanted visitors. HELEN PIKE/METRO

money.

"We get so many random solicitors here," Forster said. Hood added there's been a huge rise in door-to-door canvassers, especially utility companies, which is why they have to pay top dollar for their time.

Darshan Kang, who is running for the Liberal Party in the constituency, said all individuals have the right to express themselves in any way possible on their property.

"We have to respect people and their opinions in democracy," Kang said. "That's great

that it is a conversation piece."

Hood said he and Forster welcome a bartering system instead of cash up front — especially from politicians.

"So, feel free to knock on my door, bring an offering, you know, maybe it's a coffee, maybe it's a box of doughnuts, we'll see, we can negotiate."

Hood and Forster said they haven't added Girl Guides to the list for a reason — because they would welcome the cookies — and have never had a visitor try to sell them sweets.

The couple said they don't expect to get any cash. The sign is meant as a polite way of "shutting down" unwanted guests, but if they do get money half of it would most likely go to charity.

I figure if a politician wants to represent me they've got to be a good negotiator.

Brendan Hood

DIGITAL

Citizens to get access

Brodie Thomas
Metro | Calgary

Data. Lots and lots of data.

That's what the City of Calgary is releasing through a new feature on its website called Citizen Dashboard.

The online tool was rolled out during Monday's regular council meeting. Visitors to the page will find interactive graphs showing data such as 311 requests created over the past 10 years, customer satisfaction, average speed to answer a call and more.

Although just a few categories are currently available, the city is promising to add seven other categories over the next six months, including metrics on permits, transit safety and security, waste and recycling service, and snow clearing.

The dashboard provides citizens with easy access to city performance measures, provides explanations of what those measures mean and what we're doing to improve service," said Mac Logan, general manager of transportation.

The city will be asking citizens for feedback. It's something Marissa Madden said she would check out online.

"I like the idea behind involving the community to make decisions, choices and have an input on the effects of different system in place — or of policies — to better their community," she said.

The Citizen Dashboard page can be found at calgary.ca/citizendashboard.



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Calgary Centre candidates

Metro gets the basics from the riding's candidates: the elevator pitch of their party's platforms and why they should be your representative in Ottawa.

LUCIE EDWARDSON METRO

1 Joan Crockatt

Party: CPC
Age: 59

Occupation: A director of editorial and former manager of the largest newspaper chain in the country. Former energy and business journalist.

Elevator pitch

I am honoured to have served as the MP for Calgary Centre for the last 2.5 years. In that time, I have been a strong advocate for my constituents on flood mitigation, balanced budgets, women's issues and improving the lives of all Canadians through sound economic policies and tax savings. In support of the energy sector and environmental sustainability, I helped draft and pass the toughest pipeline-safety legislation in the world. I am proud to serve with Prime Minister Harper, whose strong leadership on issues like the economy, security and low taxes continues to make Canada the envy of the world.



2 Kent Hehr

Party: Liberal
Age: 45

Occupation: Lawyer, community leader, former MLA

Elevator pitch

Kent Hehr was born and raised in Calgary, a city to which he owes much of his success. It was in Calgary that he became a young star athlete, overcame a severe disability, became a lawyer and community leader, was named Graduate of the Decade by the University of Calgary and was twice elected as the Liberal MLA for Calgary-Buffalo. Kent believes that it is time for a new voice in Ottawa and he wants that to be your voice.



3 Dr. Jillian Ratti

Party: NDP
Age: 37

Occupation: Family physician

Elevator Pitch

I'm a lifelong Calgarian who lives and works in Calgary Centre and I am passionate about the community and serving its people. The NDP has an ambitious vision for Canada: one where we all can prosper and nobody is left behind. We propose a balanced fiscal plan that will kickstart the economy and invest in infrastructure; restore funding to health care; guarantee retirement security; make opportunities for youth employment; and create one million high-quality, affordable child-care spaces across Canada.



4 Thana Boonlert

Party: Green
Age: 26

Occupation: Environmental compliance specialist

Elevator Pitch

Thana was born in Gatineau, Que., and grew up in our nation's capital. He speaks three languages — English, French and Thai — and has a bachelor's degree in environmental engineering. He has experience consulting for the oil-and-gas industry doing greenhouse-gas quantification and is currently working as an environmental compliance specialist in the high-tech industry. Thana believes that in order to bring science back into politics, we need to elect more members of Parliament that truly understand science. Thana aims to engage constituents into caring about politics by bringing fresh ideas with long-term solutions that make sense.



ART

Stampede poster's mares Born to Buck

 **Jeremy Simes**
For Metro | Calgary

These horses were born to buck, and Michelle Grant couldn't be happier to finally see the animals come to life on canvas.

Her work — titled Born to Buck — was unveiled Monday at Calgary's Central Library as part of the run-up to next year's Stampede.

Grant's painting highlights

the Stampede's Born to Buck program, which houses about 600 horses and 100 bulls at the organization's ranch in Hanna, explained Bill Gray, president and chairman of the board at the Calgary Stampede.

Prior to the commission, Grant gave a mock-up of her idea to Gray and "she nailed it," he said. "I knew I had the right person right away."

Afterward, Grant headed to the ranch in Hanna and began to snap photos of the mares

and their babies.

"I just think the babies are fantastic," she said. "These babies are going to grow up and just own the arena."

When Calgarians view the painting, Grant said, she hopes they understand the Stampede is "very Calgary" and an important organization for the city: "I'm just hoping (Calgarians) can see the joy in these mares and these babies running along and doing what they love to do."



Maggie Shortt, Chelsey Jacobson, Bailee Billington, Stampede president Bill Gray and Michelle Grant pose with the poster. JEREMY SIMES/FOR METRO

IN BRIEF

Arrest made after DIY bomb found in Airdrie

Airdrie RCMP have charged a man they say made an explosive device with the intent to harm others.

On Friday, Airdrie RCMP safely destroyed the homemade explosive device found in the Canoe neighbourhood of Airdrie.

Kristopher Goyman, 24, of Airdrie has been arrested following an RCMP investigation for making an explosive device with intent to en-

danger life or cause serious property damage.

A resident of the area had cleaned out a rental property at another location and brought the left-behind items back home. Among the items was a suspicious-looking jar in an ammo container.

RCMP, with the assistance of the Explosives Disposal Unit, identified the item as a homemade explosive device.

Goyman will appear in Airdrie Provincial Court on Oct. 22. METRO

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Calgarians speak up for those who can't

SISTERS IN SPIRIT VIGIL
Missing and murdered indigenous women noted

Helen Pike
Metro | Calgary

Wynter Ducharme brought her three-year-old daughter Rayne to the 11th annual Sisters in Spirit Vigil in Calgary, to expose her to people gathering and speaking out against missing and murdered indigenous women.

"I think it's really important that people are made aware of what's going on and it's not pushed under the rug," said Ducharme.

"I just wanted to bring her just to show her that we come from a really strong line of women and that we need to

support each other."

More than 200 people gathered at the new municipal building in Calgary Monday to rally in support of a national inquiry into missing and murdered indigenous women.

Members of council, Mayor Naheed Nenshi and federal Liberal candidate Kent Hehr all stood in support.

"The Calgary city council some months ago voted that we're in support of a national inquiry on murdered and missing aboriginal women as part of our reconciliation policies," said Nenshi.

"This isn't right, and, of course, it's a municipal issue because many, many, many First Nations people live in cities."

Siksika Chief Vincent Yellow Old Woman said he thinks it's important for all first nations to support each other and continue to stand behind the issue.



More than 200 people showed up to the rally Monday at the city's new municipal building. HELEN PIKE/METRO

PARTNERSHIP

Young WHL players to get life education

The Calgary police are teaming up with the Western Hockey League (WHL) and Calgary Flames to launch a new education program geared to teach young hockey players about making good decisions.

Called the Player Impact Program, WHL players will receive mandatory training regarding social media use, sexual consent, drugs, alcohol, gambling, and being inclusive and strong leaders, the Calgary police said in a news release.

All three stakeholders gave their input regarding the program to ensure players are able to face relevant challenges.

"It's great to see the WHL being proactive with helping its young players recognize that the decisions they make today can have lasting impacts well into the future," said CPS Supt. Kevan Stuart.

"Playing in the WHL gives these young men opportunities they have never had before – opportunities to do both good and harmful things."

"This program will help them make the most of those opportunities to have a positive impact on their futures

+ FUTURE USE

Other police get a look
The partnership resulted in a course players take to help understand the consequences of their actions and will be shown to police agencies in other WHL cities.

and on the people around them."

Police said Calgary Flames Hockey Operations Manager Brian Burke initially raised the issue to start a program for players.

The curriculum will also be shown to police officers and be shared with police agencies in cities with WHL teams.

"The WHL and our member clubs very much appreciate the leadership and support the Calgary Police Service has provided in developing a comprehensive presentation on the risks our players and youth in general may encounter in today's society," said WHL Commissioner Ron Robison.

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IN BRIEF**Second suspect arrested in Airdrie shooting**

Airdrie RCMP have arrested a second suspect in a relation to last week's shooting near a fitness centre.

Mathew Van Schiak, 21, with no fixed address, turned himself into the Calgary Police Service late Sunday evening. He has been charged with aggravated assault, discharging a firearm with intent, carrying a concealed weapon and unauthorized possession of a weapon.

On Sept. 27, police were called to a shooting near a fitness centre on Mackenzie Way in Airdrie. They found a man with non-life-threatening gunshot wounds. METRO

Public help sought to solve 'take-over' robberies

The Calgary police is seeking the public's help to identify three or four bandits who robbed multiple banks across the city between Aug. 17 and Sept. 14.

Calgary police said the men robbed four banks and a courier who was delivering on behalf of a bank. All incidents are connected to the robbers, police allege. Police said the thugs used a "take-over" style, where bank employees and clients were told to put their hands up and the robbers hopped over counters.

Anyone with information is asked to call police at 403-266-1234. METRO



Police want help solving a string of bank robberies.

COURTESY CALGARY POLICE



Cabbies and limo drivers waited at city hall all afternoon and into the evening to hear council's decision on relaxing limo regulations. They will have to wait even longer after the council passed a referral motion until November. METRO FILE

ECONOMY**Budget to focus on jobs: NDP**

Alberta's NDP government is to deliver its first budget on Oct. 27, but Finance Minister Joe Ceci isn't saying if more tax increases or new levies will be included.

"Our budget will outline a plan for jobs and economic growth while stabilizing public services. And we will present a path to (budget) balance," Ceci told reporters at a legislature news conference Monday.

Ceci said the goal is for renewed infrastructure spending while protecting core services, along with a blueprint to balance the budget and create jobs.

"Now is not the time to make things worse, for knee-jerk reactions that would result in firing nurses and teachers during these tough economic times," he said.

"The budget will outline our government's plan to stimulate economic growth, diversification and job creation."

Ceci declined to provide further details.

Premier Rachel Notley's government has already hiked corporate income taxes to 12 per cent from 10 per cent and raised taxes on those earning more than \$125,000 a year.

The minimum wage has also gone up. It rose by \$1 an hour last week and is now at \$11.20. The rate is to go up to \$15 an hour by 2018.

The Wildrose party has said the government needs to consider other ways of slimming down, such as reducing subsidies to corporations, which the Opposition estimates at \$1 billion a year.

Liberal Leader David Swann said the NDP's plan for building is sound, but it's critical "that infrastructure spending be prioritized based on need — not political considerations — and include repairing existing infrastructure as well as new projects."

THE CANADIAN PRESS

Council delays vote on limo regulations

REFERRED MOTION**Councillor insists changes are coming mid-November**

Helen Pike
Metro | Calgary

If Uber is coming to Calgary, it will be at least next month before we find out.

A group of cab and limo drivers were waiting around city hall for most of Monday to hear Council's decision on changes to limousine rates and regulations.

Although administration has

put forth recommendations on relaxing base rates and time to book for limos, ultimately council passed a referral motion, putting the vote off until mid-November.

Cam Naghshineh, general manager with Allied Limousine, said it was unfortunate to see a further delay.

"After all the work and research and due diligence the administration went through the past few months, it's sad to see it was completely dismissed to even dig at it more and more," he said.

Coun. Shane Keating, however, said he thinks the changes are coming. The delay was more about making sure all the finer points of the bylaw are corrected.

It seems motivated by a desire to prevent ... new and affordable transportation alternatives.

Xavier Van Chau, Uber

The issue of the change in the limo regulations, it's eventually going to take place. I can't see that not happening," said Keating. "It came down to what you might say, semantics — technically if you spell a word wrong ... you have to come forward with changing the bylaw to get the

word correct."

In a letter sent to councillors and shared with Metro, Uber suggested the plan to merely lower limo rates rather than deregulating the entire industry was a bad attempt at regulating the industry.

"Council does not determine the prices that builders charge to when selling a new home. Council does not determine the prices that restaurants charge for meals. It makes no sense for council to regulate limousine service rates," read the letter.

Once the motion was passed, Uber wasn't happy with the developments, according to Canadian spokesperson Xavier Van Chau.

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READY TO ENGAGE

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Youth hold 'lot more power' to tip the scales

ROSEMARY WESTWOOD
in Halifax

Sasha Sears is in a dilemma. Her riding, Halifax, features an NDP incumbent, Megan Leslie, who "has done a really great job of being super integrated into the community. They're about the people; that's how I feel about the NDP."

But nationally, it's Justin Trudeau who seems the most compelling. He's "young, he has a young family, he's talking about really progressive issues, like legalizing marijuana, that a younger demographic gets and understands and feels is relevant to our life nowadays."

Sears still views the NDP as tied to the interests of unions, which she says don't have much relevance to her life.

"The party hasn't really had an opportunity to prove themselves," she adds. "They're still finding their footing." And while the NDP is appealing to many young people, she's not sure if its young candidates have the experience to be successful if elected.

So, should Sears vote for a local candidate she likes or an appealing federal platform?

So far, even though she's a traditional Liberal voter, she's unsure. But she won't be voting Conservative: "I just have no time for that party whatsoever."

Sears, 30, works for a business-development organization in Halifax. She helps young people build professional networks to find meaningful work, and so she has a front-row seat to watch university graduates try — and struggle — to get a good job.

"What are the parties planning on doing to help youth in particular?" she asks. "(The) youth unemployment rate is double the national average. The cost of post-secondary education is through the roof for Nova Scotia," she says. "Just being saddled with so much debt and not having the promise of a bright future is something I'm worried about and my vote will reflect."

Sears also recently bought her first house while still paying off student loans herself. So the Green party's promise to relieve student debt is

enticing. But there's a but.

"It sounds almost too good to be true," she says. "I'm a little skeptical. It's wonderful they want to do that and promote that as one of their platform promises, but when it comes down to action around it, what does that look like? How is that going to happen? How are universities going to function if there's no tuition?"

Sears hasn't felt inundated by political messaging ("As a millennial, I don't have cable in my home, I don't see the attack ads") — but she is concerned that her compatriots aren't getting the message that they need to vote.

"I think we're at a tipping point in our history based on our previous leader and the party in power and what is to come," she says.

"I just really feel this election holds great importance. I think we have a lot more power than people think we do. If we were to all go out and vote, it would really change the political landscape."

Rosemary Westwood is travelling across the country talking to young voters. She'll be in Winnipeg tomorrow.



VOTER PROFILE

Name: Sasha Sears **Age:** 30 **Riding:** Halifax
Her issues: Youth employment and tuition reform

Mock election makes the abstract real for teenagers

STUDENT VOTE

Program aims to inspire political awareness

Haley Ryan
Metro | Halifax

When Keshav Paliwal votes for a federal candidate next week, it won't count — and he couldn't be happier about it.

Paliwal, organizer of Prince Andrew High School's Student Vote event — one of more than 7,300 mock elections being held across Canada before the official count Oct. 19 — said now is the time to get teens thinking about politics.

"I can't vote until January when I'm 18, but if we engage ourselves now and we engage

our peers before they can vote, chances are, over time, once they can ... they will," Paliwal, 17, said Monday.

As part of the Student Vote program run by the non-partisan Civix group, the Dartmouth, N.S., school will see all four federal candidates in its riding pitch their platforms to students before taking questions. Also appearing: provincial MLAs, Halifax Mayor Mike Savage — and musician Joel Plaskett, for extra attention.

Students will then drop ballots off in a mock vote, the results of which are often "very close" to election day, said political-science teacher Tim Halman.

"For many people, politics is something that happens on television and it's something that's abstract," Halman said.

"It's going to go from the abstract to the real."

According to Elections Can-



From left: students Keshav Paliwal, Robyn Laing and Matthew LeBlanc, all 17, pose with ballot boxes in Prince Andrew High School on Monday. HALEY RYAN/METRO

ada, only 39 per cent of the 18- to 24-year-old demographic voted in the last election, and the National Youth Survey Report showed "not interested in voting" came in as the biggest reason (28 per cent).

The survey said someone's likelihood of voting "increases with higher levels of knowledge and interest in politics" and that civic education, as well as talking with family and friends, can increase "the

motivation to vote."

"If you don't understand something, you're not going to interact with it; you tend to ignore it," Halman said.

NDP candidate Robert Chisholm said it's important for him to attend to emphasize voting as a responsibility.

"It's important for them to hear from people that are either engaged in the process or in some way leaders," Chisholm said.

"Maybe something will connect, something will instill a sense of desire for more knowledge."

According to Apathy is Boring, a non-partisan group aimed at youth, those who don't vote in the first two elections in which they're eligible are less likely to vote through their lives.

Robyn Laing and Matthew LeBlanc, who will also be on stage hosting the Student Vote event next Tuesday with Paliwal, said they hope the message of engagement means more coming from them.

"If a teacher gets up, it just sounds like another class," LeBlanc said as Paliwal nodded.

Paliwal said he's hoping to hear questions on federal issues such as the Syrian refu-

563,000

Number of ballots cast in the 2011 Student Vote

gee crisis, environment and economy.

"A democracy is only as strong as the people that are engaged in it," Paliwal said.

"If people are aware ... then the government's going to be making the choices we want made, and that's what it's about — it's about us."

Laing said that before Halman asked her to help with the project, she had never thought about politics or knew what the prime minister did.

"I tried to get my mom involved because she isn't into politics at all, so I got her voting," Laing said with a smile.

"She's like, 'What are you talking about?' and I'm like, 'Just sit there and listen so I can have someone to talk to about it.' It's interesting."

I'd like to be involved in who's making the decisions for Canada.

Robyn Laing



We have to show that we want things to be about us.

Keshav Paliwal

'Historic day' for Harper

 ELECTION 2015

TPP trade deal announcement evokes scrutiny from opposition

Stephen Harper's blockbuster trade deal upstaged Justin Trudeau's students and the stage and screen stars backstopping Tom Mulcair on Monday as the three main parties began their two-week sprint to the ballot box.

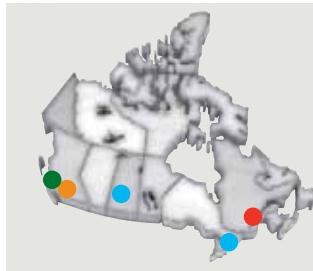
Mulcair, the NDP leader, had a stage full of television, music and film personalities — it even included a performance by the folk duo Whitehorse — all lined up for his announcement about helping artists.

Trudeau was all set to unveil a high-gloss campaign platform, a popular Liberal strategy, in front of a crowd of earnest university students eager to cheer his plan of expanded grants and easier loan repayment terms.

But the Pacific Rim depth charge known as the Trans-Pacific Partnership blew them both out of the water.



WHERE THE LEADERS ARE TUESDAY



- **Stephen Harper** will be in Whitby, Ont., and Saskatoon, Sask.
- **Justin Trudeau** will be in Montreal.
- **Tom Mulcair** will be in Surrey, B.C.
- **Elizabeth May** will be in Vancouver.

"Today is a historic day," a prime ministerial Harper beamed during a news conference in Ottawa as he described the deal as nothing short of "the largest economic partnership in the history of the world."

Not everyone is enamoured of the deal: Held up by Harper as a model for future 21st-century trade agreements, Mulcair is committed to tearing it to pieces.

"I will not be bound by Stephen Harper's secret deals," he said.

A New Democrat government would provide \$60 million over four years to Telefilm

Canada and the National Film Board, and loosen rules to secure grants from the Canada Council for the Arts, Mulcair promised instead.

Trudeau, unveiling the Liberal platform at Wilfrid Laurier University in Waterloo, Ont., parked his vote on the TPP until all the details are clear.

The federal government has offered no guarantees but expressed optimism the 12 countries involved might make it available before voting day in two weeks. THE CANADIAN PRESS

 SEE PAGE 12 FOR MORE ON THE DEAL



Conservative Leader Stephen Harper upstaged the other party leaders on Monday with what he claims to be "the largest economic partnership in the history of the world."

NATHAN DENETTE/THE CANADIAN PRESS

THUNDER BAY, ONT.

Inquest into deaths underway

A long-awaited inquest into the deaths of seven aboriginal youths who moved from their remote reserves in northern Ontario to go to high school in Thunder Bay, Ont., opened Monday following a sunrise ceremony.

In an opening statement to the jury, presiding coroner Dr. David Eden warned of a difficult road ahead.

"We are starting on a long pathway," Eden said. "During that time as we go through this pathway, there will be differ-

ences. It's our job to manage those differences with wisdom, not with anger."

The inquest, expected to last until next spring and hear from about 200 witnesses, is probing the deaths of Jethro Anderson, 15, Curran Strang, 18, Robyn Harper, 19, Paul Panacheese, 21, Reggie Bushie, 15, Kyle Morrisseau, 17 and Jordan Wabasse, also 15.

All died between 2000 and 2011 while, as Eden put it, trying to advance their lives and the well-being of their communities

+ BACKGROUND

The inquest, which is being live streamed, resumes Tuesday with testimony from toxicologists.

through education.

Six of them went to Dennis Franklin Cromarty High School; the seventh attended the Matawa Learning Centre. Both schools specialize in accommodating aborigines. THE CANADIAN PRESS

APPEAL

Court rejects government's bid for hold on niqab ruling

A new court ruling means a devout Muslim woman who chooses to cover her face now has a chance to become a Canadian and vote in the Oct. 19 federal election.

The Federal Court of Appeal on Monday rejected a government request to put a recent decision in favour of Zunera Ishaq on hold while Ottawa seeks a hearing in the Supreme Court of Canada.

Appeal Justice Johanne Trudel dismissed the government's application for a stay of a Sept. 15 decision that affirmed the unlawfulness of a federal rule prohibiting a niqab at a citizenship ceremony.

Ishaq, 29, came to Ontario from Pakistan in 2008. She refused to take part in a citizenship ceremony because she would have to show her face due to a December 2011 policy requir-

ing candidates who wear full or partial face coverings to remove them during recitation of the oath.

The Federal Court of Canada found the rule unlawful in February and the Court of Appeal recently upheld the decision. A three-judge panel ruled from the bench immediately after a hearing, saying they wanted Ishaq to obtain citizenship in time to vote. THE CANADIAN PRESS

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REPORT

Digital creativity thriving: Social media expert

Canadians are using a multitude of social media platforms to explore and expand expression, according to an expert, who says we're more digitally creative than ever before.

Social media has always been about communication, but it hasn't always been about content creation, said Sidneye Matrix, a media professor at Ontario's Queen's University.

"That's new. We're using our phones to actually create original content for self-expression, for brand affiliations, to connect and communicate with people we care about," said Matrix in a recent phone interview.

Matrix was responding to a set of CBC research reports that looked at social media sites other than Facebook: Twitter, Instagram, Pinterest, Snapchat and Reddit.

The results showed high numbers of people sharing content across all five platforms. The reports also found that Pinterest, Instagram and Snapchat users were more likely to be women. THE CANADIAN PRESS

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Nobel in their effort

MEDICINE

Three win for fight against parasite-borne illnesses

The Nobel prize in medicine went Monday to three scientists hailed as "heroes in the truest sense of the word" for saving millions of lives with the creation of the world's leading malaria-fighting drug and another that has nearly wiped out two devastating tropical diseases.

Tu Youyou — the first-ever Chinese medicine laureate — turned to ancient texts to produce artemesinin, a drug that is now the top treatment for malaria. Inspired by traditional Chinese medicine, Tu discovered while working on a project for the Chinese military that a compound from the wormwood plant was highly effective against the malaria parasite.

She will share the eight-million Swedish kronor (about \$960,000 US) award with Japanese microbiologist Satoshi



Jan Andersson, Juleen Zierath and Hans Forssberg of the Karolinska Institute Nobel committee talk to media in Stockholm on Monday. FREDRIK SANDBERG/TT VIA THE ASSOCIATED PRESS

Omura and William Campbell, an Irish-born U.S. scientist.

Omura and Campbell created the drug avermectin, whose derivatives have nearly rid the planet of river blindness and lymphatic filariasis, diseases caused by parasitic worms and

spread by mosquitos and flies.

In Stockholm, the Nobel committee said the winners, who are all in their 80s and made their breakthroughs in the 1970s and '80s, had given humankind powerful tools: "The consequences in terms of improved

human health and reduced suffering are immeasurable."

The medicine award was the first Nobel Prize announced. Winners of the physics, chemistry and peace prizes are set to be announced later this week.

THE ASSOCIATED PRESS

REFUGEE CRISIS

Turkey's president wants no-fly zone

Turkey's president Recep Tayyip Erdogan sought European backing on Monday for the creation of buffer and no-fly zones on the Syrian border, saying such moves are key to ending the refugee crisis.

Turkey is hosting around two

million refugees from the conflict in Syria, which began in 2011 following protests against Bashar Assad's government. Tens of thousands of others have entered the EU from Turkey this year, overwhelming authorities.

IN BRIEF

I'll return to U.S.: Snowden

Edward Snowden says he has offered to return to the United States and go to jail for leaking details of National Security Agency programs to intercept electronic-communications data on a vast scale.

The former NSA contractor flew to Moscow two years

ago and faces U.S. charges that could land him in prison for up to 30 years.

Snowden said he'd "volunteered to go to prison with the government many times" but had not received a formal plea-deal offer. He said he and his lawyers were waiting for the U.S. "to call us back."

THE ASSOCIATED PRESS

SPACE

NASA looks to Navy for tips on isolation



You can't just call back to Earth for advice.

Former submarine commander Ronald Steed

As NASA contemplates a manned voyage to Mars and the effects missions deeper into space could have on astronauts, it's tapping research from another outfit with experience sending people to the deep: the U.S. Navy submarine force.

The space agency is working with a military laboratory at the submarine base in Groton, Conn., to measure how teams cope with stress during month-long simulations of space flight.

Often isolated for long stretches, astronauts and submariners face many of the same challenges.

"We have a shared interest with the Navy in team resilience," said Brandon Vessey, a scientist with NASA's human research program.

The Navy research that piqued NASA's interest started about five years ago when the Groton-based Naval Submarine Medical Research Laboratory, at the request of the submarine force, began examining ways to make tactical teams work together better.

Through observation of sub-

marine crews, the Navy scientists developed a way to evaluate how teams are performing. The study singled out important team practices including dialogue, critical thinking and decision-making and developed a way to assess how teams respond to setbacks. The research was made available more than a year ago to submarines' commanding officers but it has not yet been institutionalized by the Navy.

The experiment with NASA is expected to begin in January or February.

The space agency is taking a bigger interest in human-behaviour issues as it pursues the capability to send humans to an asteroid by 2025 and to Mars in the 2030s.

THE ASSOCIATED PRESS

HURRICANE JOAQUIN

Container ship lost with 33 on board

The captain of the 790-foot El Faro planned to bypass Hurricane Joaquin, but some kind of mechanical failure left the U.S. container ship with 33 people aboard helplessly — and tragically — adrift in the path of the powerful storm,

the vessel's owners say. On Monday, four days after the ship vanished, the Coast Guard concluded it sank near the Bahamas. The ship had 28 crew members from the U.S. and five from Poland.

THE ASSOCIATED PRESS

RICK MERCER REPORT

#rickmercerreport

TONIGHT Rick kicks off a new season by taking part in the *Get Out the Vote* rally at St. Francis Xavier University in Antigonish, Nova Scotia.

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Clinton makes appeal for tougher firearm controls

U.S. CAMPAIGN

Proposals would tighten the rules for buyers, sellers

Presidential candidate Hillary Clinton offered an emotional plea Monday for tougher gun-control laws in the wake of a deadly university shooting, decrying the "extremism" that she said has come to characterize the debate over U.S. gun laws.

Clinton, the front-runner for the 2016 Democratic presidential nomination, vowed to tighten regulations on firearm buyers and sellers with a combination of congressional and executive action.

Jumping into one of the most divisive issues in U.S. politics, Clinton has made strengthening gun laws a centerpiece of her presidential campaign following a series of mass shootings in

the past few months. The latest shooting left nine people dead at a university in the northwestern state of Oregon on Thursday.

During an appearance at a campaign town hall, Clinton veered between sadness and anger, accusing her Republican opponents of "surrender" to a difficult political problem.

"This epidemic of gun violence knows no boundaries, knows no limits of any kind," she told the crowd of several hundred. "How many people have to die before we actually act, before we come together as a nation? It's time for us to say we're better than this."

Clinton was joined by the mother of a six-year-old victim of the 2012 school shooting in Newtown, Conn. After that shooting, which killed 20 children and six educators, President Barack Obama tried and failed to push legislation through Congress that would have tightened background checks for firearms purchasers.



The university shooting in the northwestern state of Oregon on Thursday has prompted presidential candidate Hillary Clinton to pitch the expansion of background-check requirements when purchasing guns. JOSE LUIS MAGANA/THE ASSOCIATED PRESS

Clinton said there was little "new" and "nothing unique" about her plans — aside from her determination to take action.

Her campaign rolled out a robust set of proposals Monday,

including using executive action as president to expand background-check requirements. Under current federal law, such checks are not required for sales made at gun shows or over the Internet.

Clinton also proposed repealing legislation that shields gun manufacturers, distributors and dealers from most liability suits, including in cases of mass shootings.

THE ASSOCIATED PRESS

NEW MEXICO Student uncovers ancient fossils

Fossils uncovered by a University of Nebraska-Lincoln student in New Mexico have led to the discovery of a new genus and rodent-like species.

The Lincoln Journal Star reports the fossils were found in May 2014 by then-sophomore Carissa Raymond in New Mexico's San Juan Basin during her first fossil hunt. She saw a row of small black teeth coming out of the ground.

"I knew it was different and big and had very interesting teeth," Raymond said. "But I couldn't have told you it was something new."

Raymond blanketed the fossilized jawbones and a partial skull roof in toilet paper and took them to Thomas Williamson, curator at the New Mexico Museum of Natural History and Science.

The new species, named Kimbertopsalis simmonsae, was alive roughly 65 million years ago during the Mesozoic and Paleocene eras. THE ASSOCIATED PRESS

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ROYAL AUDIENCE COURAGE AT PLAY Prince Harry plays with Nellie-Mai Evans, 9, Inspiration- al Young Person Award winner in the 7-10 years old age group, as he attends the WellChild Awards, in London, Monday. The awards recognize the courage of seriously ill children, their families and caregivers. JUSTIN TALLIS/THE ASSOCIATED PRESS

UN releases draft for climate deal

ENVIRONMENT

Conference to take place in Paris in December

The United Nations on Monday released a first draft of the negotiating text for the major conference on climate taking place in Paris in December.

The document is a step forward for the talks, slimming down the text from more than 90 pages earlier this year to just 20.

Negotiators from 195 countries are to gather for a new session of talks Oct. 19-23 in Bonn, Germany.

A large number of proposals in the text are in parentheses, meaning they are still to be negotiated. The document notably includes a long-term goal for reduction in global greenhouse gas emissions, but details and deadline remain to be discussed.

Financing is considered as key to an agreement, with poor countries expecting some assistance from rich ones to help them cut carbon emissions while developing their economy.

The text mentions that financing could be more than the \$100 billion per year already promised by 2020, coming from both public and private sources.

The potential agreement would reflect "common but differentiated responsibilities and respective capabilities, in light of different national circumstances", the draft specifies.

The text also provide for a review of national climate targets in the future. Countries would be required to communicate their emissions goals every five years, a process seen as crucial to implementing an agreement.

Environmental groups monitoring the talks gave the draft mixed reviews.

Jennifer Morgan of the World Resources Institute said it would "serve as a helpful launching pad for reaching

2° C

The Paris conference on climate is aiming for an ambitious deal to keep the rise in worldwide temperatures since pre-industrial times below 2 degrees Celsius.

common ground" in negotiations leading up to the Paris conference.

Others said it didn't capture the momentum of climate action outside the negotiations, with countries, cities and corporations taking steps to reduce emissions and help people in the developing world deal with the consequences of global warming.

Greenpeace said the options for a long-term goal were not ambitious enough and excluded the group's demand for a transition to 100 per cent renewable energy by mid-century.

THE ASSOCIATED PRESS

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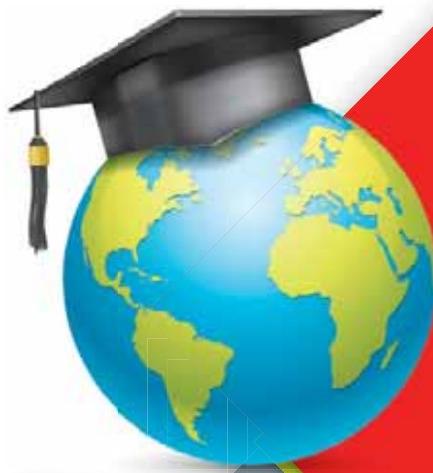
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Toxic haze leads schools to close

MALAYSIA

Air pollutant index was in the hazardous range Sunday

Malaysia on Monday shut most schools nationwide for two days to protect children from a thick, noxious haze caused by smoke from burning forests in neighbouring Indonesia.

The haze, which has shrouded parts of Malaysia and Singapore for about a month, also spread to Thailand on Monday, the first time it has reached hazardous levels so far north. It highlights the regional nature of a problem that's being blamed on Indonesia's inability to prevent big plantation companies from burning forests to clear land for new trees.

The air pollutant index hit the hazardous level in Shah Alam, the capital of Malaysia's central Selangor state, and was very unhealthy in many other areas.



A couple wear face masks while walking past a row of Malaysian flags obscured by haze caused by the burning forests in the Sumatra and Borneo islands. JOSHUA PAUL/THE ASSOCIATED PRESS

The Air Pollutant Index in Shah Alam dropped to 95, from 308 early Sunday. A reading of below 50 is good, 51-100 is moderate, 101-200 is unhealthy, 201-300 is very unhealthy and above 300 is hazardous. However, 11 areas, mostly in northern states, were in the unhealthy range, with a station in Penang island recording the worst level of 164.

Deputy Prime Minister Zahid Hamidi said Indonesia's efforts to crack down on the haze sources were not enough.

The forest fires that cause the haze have been an annual occurrence since the late 1990s.

Wijarn Simachaya, director general of Thailand's Pollution Control Department, told The Associated Press that "the situation is getting worse."

"We didn't think it would be bad this year, but it is," he said. "We warn vulnerable people such as children, elderly and people with illnesses not to go to open areas or wear masks when they do." THE ASSOCIATED PRESS

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IN BRIEF**Twitter rehires spurned co-founder as CEO**

Twitter is embracing Jack Dorsey as its CEO in hopes that its once-spurned co-founder can hatch a plan to expand the short-messaging service's audience and end nearly a decade of financial losses.

The hiring revealed Monday ends Twitter's three-month search for a leader. It marks Dorsey's second stint as CEO since he helped start the company more than nine years ago. THE ASSOCIATED PRESS

American Apparel files for bankruptcy protection

American Apparel is filing for Chapter 11 bankruptcy protection, almost two years after it ousted founder Dov Charney, who is suing the company for defamation.

THE ASSOCIATED PRESS

Biggest trade zone awaits

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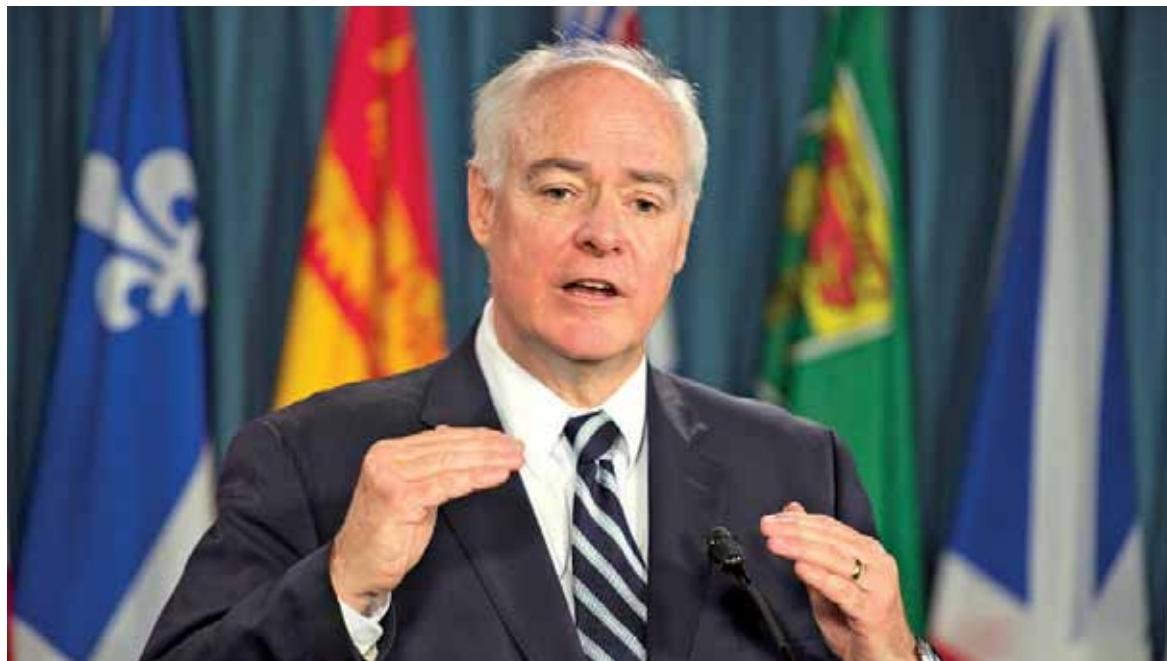
Tentative deal reached after marathon negotiations

Twelve nations, including Canada, have reached a tentative deal on a massive Pacific Rim trading bloc billed as the largest-ever deal of its kind, with implications for a staggering scope of industries, workers and for long-term international relations between countries on four continents.

After five days of marathon, around-the-clock negotiations, a deal was announced Monday to create the Trans-Pacific Partnership, and participants predicted it would become the building block for future trade deals.

Who's in it? Brunei, Chile, New Zealand and Singapore started the project years ago. The United States, Canada, Mexico, Japan, Vietnam, Australia, Peru and Malaysia are now joining, bringing the membership to 12 countries. More have expressed interest in entering later, including Colombia, Thailand and South Korea.

How big is it? It's the biggest trade zone in the world, spanning four continents and representing 40 per cent of



Perrin Beatty, president and CEO of the Canadian Chamber of Commerce, speaks about the Pacific Rim trading bloc pact at a news conference in Ottawa. ADRIAN WYLD/THE CANADIAN PRESS

the world's economy — a far higher share than the European Union.

What does it do? It reduces or eliminates barriers on a staggering array of Canadian exports to several countries, most notably Japan.

This applies to everything from machines to canola, beef

and pork, minerals, forestry products and seafood. It allows up to 3.25 per cent more foreign dairy into Canada.

It allows more foreign car parts into North America without tariffs.

It also creates new rules for the digital economy, such as restricting governments' right to shut off data flows.

Why does it matter? This brings the economies of a fast-developing region into the American sphere of influence. It sets new trade standards in China's backyard. It sets precedents for future agreements, including any involving China and its state-owned enterprises. It increases trade and establishes unique rules

for the 21st-century, cloud-computing digital economy.

Is it a done deal? No. It still needs to be ratified in national parliaments, including Canada's, once the federal election is over. A vote is expected early next year in the U.S. Congress, and it could prove difficult.

THE CANADIAN PRESS

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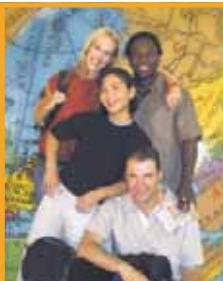
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AIR FRANCE LAYOFFS

Managers flee as angry workers storm HQ

Union activists protesting nearly 3,000 proposed layoffs at Air France stormed the headquarters during a meeting in Paris on Monday, zeroing in on two managers who had their shirts torn from their bodies, scaled a fence and fled under police

protection.

Road access to Charles de Gaulle airport in Paris was briefly disrupted, and some flights suffered delays.

Air France denounced the violence and said it will push ahead anyway with its restruc-

turing plans after failing to reach an agreement with pilots.

Alexandre de Juniac, the CEO of Air France-KLM, said the company is being squeezed by low-cost airlines in Europe and Gulf carriers for long-haul flights. Monday's meeting was

intended to detail the cuts.

Airline executives told reporters Monday the plan involves laying off 2,900 staff and abolishing five routes and 35 weekly long-haul flights, primarily in Asia and the Middle East.

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metrO VIEWS

Wildlife like deer and boar in the no-go zone near Chernobyl are doing better now than before the 1986 disaster. Agriculture, hunting and forestry, researchers say, are worse for animals than radiation.



EMMA TEITEL: ON ELECTION TALK AT THE TABLE

Perhaps Canadians are more inclined to talk politics where they normally wouldn't ... because it's suddenly dawned on them that the only constant in their lives besides bad weather is Stephen Harper.

Elite Singles — a dating website that sounds like it was designed specifically for Stephen Harper's top staffers — recently tried to determine whether it's taboo to discuss politics on a first date.

In order to do this, the website conducted a survey of 500 single people of different nationalities from around the world. The result was 65 per cent said they'd "be happy to discuss politics on a first date." But more than any other nationality surveyed, Canadians were the least resistant to the idea. According to the study, "not one Canadian single thought political chat should be off the table" on a first date.

This result is refreshing for two reasons. The first is that it helps dispel the popular myth that we are a rigidly non-confrontational people; Canadians might be unfailingly polite, but politeness does not equal timidity in the face of conflict. The second is that it might suggest our nation's bent towards political apathy — especially among youth — is changing. And it's about time it did.

The Conservatives have been in office for nine years, which, no matter a government's political leaning or record, is an uncomfortably long time. Harper won his first term in 2006, the year Hannah Montana began airing on the Disney Channel, and he won again, most re-

cently, in 2011, the year Hannah Montana was cancelled (its leading lady, Miley Cyrus, having embarked on a perilous quest to find herself). In other words, our prime minister has been around so long, he has served through every stage of Cyrus' metamorphosis, from Disney princess to briefly engaged rom-com actress to (most recently)

go from a mostly apolitical forum — cat videos, party invitations, recaps of Breaking Bad — to a stridently partisan and dogmatic one. Friends I know who couldn't tell the difference between Michael Ignatieff and Jack Layton in 2011 are now posting daily tributes to Thomas Mulcair in the lead-up to the federal election.



CHANGING TUNE The mood is different this election, and engagement is greater — for proof, look no further than the rise in earnest protest songs by bands like Hey Rosetta!, which people seem to be taking seriously, writes Emma Teitel.

ARTHUR MOLA / THE ASSOCIATED PRESS

gyrating dreadlocked weirdo.

Perhaps Canadians are more inclined to talk politics where they normally wouldn't, not because they're more civic-minded than other nationalities but because it has suddenly dawned on them that the only constant in their lives besides bad weather is Stephen Harper. It's unnerving when the world around you changes but the guy in charge doesn't.

Harper was never popular with non-Conservatives or young people, who tend to reject conservative values no matter who is spouting them. But he wasn't always markedly hated the way he is now. Anecdotally, I have seen my Facebook newsfeed

The mood is different this time around, and there is no stronger proof, I would argue, of newfound Canadian political fervour than the recent uptick in painfully earnest protest songs. In September, Canadian country-rock band Blue Rodeo released Stealin' All My Dreams, a staunchly anti-Harper song about, among other things, the government's record on the environment: "Your pipeline will spill its disease/you shut down all the research libraries/and you muzzled all the white coats in your laboratories/then you set your sites on the CBC." And this week Canadian indie bands Hey Rosetta! and Yukon Blonde released the considerably

more mellow anti-Harper ditty, Land You Love: "When I was a child/I sang the anthem with pride/it stood for justice, peace and human rights/It stood for the holy rolling hills and a home for all walks of life/and I must again, for my children, and theirs."

As far as traditional protest songs go, neither one is The Times They Are A-Changin', but the songs' popularity (both of them trended on social media alongside news about Selena Gomez, NFL football and Kim Kardashian) indicates they weren't composed in vain. Nor were they the subject of widespread mockery and derision, as so many things are these days.

It seems in addition to politics at the first-date dinner table, we might have developed an appetite for political earnestness, too. The question is: have we developed an appetite for voting? In 2011, less than 40 per cent of eligible 18- to 24-year-olds voted in the federal election, a pretty dismal turnout, even compared to the unexceptional overall average of 61 percent.

So while we may talk — or sing — up a storm over dinner, the word is still out on who will be serving in the prime minister's office during the next unsettling phase of Miley Cyrus' inevitable metamorphosis.

Emma Teitel is a national columnist for the Toronto Star. She has been a front-of-the-book columnist for Maclean's magazine for the past four years, focusing on a wide range of subjects including women's issues and popular culture. She won the National Magazine Awards gold award for columns in 2013.



metroview

You can work, pay taxes and drive a car at 16. Why not vote?

Miriam Porter
For Metro

Elections Canada is sorry they missed me. I came home to a brochure in my door saying that as a Canadian citizen at least 18 years old on election day, I am eligible to vote.

But my son, reading over my shoulder, asks longingly, "Can I vote yet?" He often tells me who he would vote (and not vote) for and why, based on issues we discuss. He's passionate and he knows his stuff. He's nine.

Democracy is a government by the people. Does this mean you are only a person if you are over 18? There are children in Canada who would love to be heard and cast a ballot on Oct. 19. Some even know more about the election and the candidates than adults. But if you are under 18, your voice doesn't count. This should change.

No, I am not suggesting toddlers holding sippy cups mark their ballots on election day with bright chunky crayons. Let's take baby steps and start by lowering the voting age to 16.

In our home and native land, if you are 16 you can drive a car. Driving is a huge responsibility that requires patience, confidence, intel-

Some children know more about the election and candidates than adults.

There are issues in this upcoming election that affect all citizens, not just those over 18. Perhaps it's time to consider what young people want, especially in matters that directly affect their lives. Then we will have a more democratic society.

Miriam Porter is a Toronto-based writer who covers travel, parenting and social justice. She tweets at @MiriamRiverP.

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by Jason Logan





Freedom to be your own man

BOOKS

Father learns from son that expectations can do harm

Dean Lisk

Metro | Canada

It wasn't so much a wedge that drove Kevin Newman and his son, Alex, further apart. It was a basketball hoop. Set in concrete in the backyard of their New Jersey home, it became a permanent symbol of how alienated they had become in their relationship.

"To me, it was making sure that the annoying thing that happens with basketball hoops — that wobble — wasn't a problem," remembers the former Global News anchorman.

"But the cement became an allegory to Alex."

Misinterpretations are at the heart of All Out, a new book co-authored by the Newmans about their troubled father-son relationship and how they became closer because of their differences.

It chronicles the rise of Kevin's news career in Canada and the U.S. while trying to be one of those emotionally present '90s dads. It also tells the story of Alex, now a successful art director in Toronto, but who, as a teen, struggled in isolation with his sexuality while manoeuvring the bullies at school and the expectations of his father at home.

Fathers and sons are extreme-



Kevin Newman and his son get along great today. LIZ BEDDALL/METRO

ly complicated, but they don't really open up about it," said Alex.

"Every relationship is a little bit different, but I think when people read the book they're going to put themselves in our shoes and allow themselves to understand the complexity of that relationship. Because, until now, we haven't come across

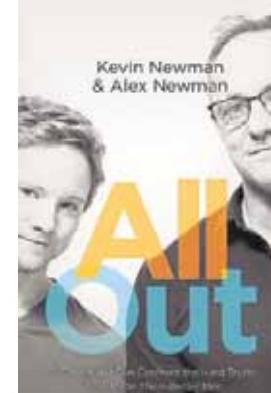
something that talks about the complexity of this."

It was their editor at Random House Canada, Kate Fillion, who suggested both men write their chapters in isolation to prevent them from influencing each other's memories.

She kept an eye on the story-line, making sure both their

recollections intersected, but it wasn't until the book was finished that Alex and Kevin read what the other had written.

"My parents were learning things. I was learning things. It was quite emotional," said Alex. He recorded on his phone the moment his parents first read his chapters.



Kevin describes it as a "stunned" moment, when he and his wife Cathy realized the degree of emotional suffering their son experienced. He was being bullied at school and felt isolated, without ever telling his parents. "There was stuff that happened that we had no idea about," he said.

The book is revealing in other ways. Both men are very much alike. Both grew up around strong female role models, having a preference for the arts instead of sports, and were teased at school for it. Both were also going through an identity crisis at exactly the same time.

The co-host of Good Morning America, Kevin was told he needed to seem more masculine, more likable. He was told his hair needed to be a certain way, his eyelashes were dyed so they would pop beneath his glasses and he was sent to a personal trainer.

He was billed as the "quarterback," tasked with leading the

team to first place in the morning news business.

"Network television news tries to push you into conformity and question who you are, and almost tries to create a plastic persona that is recognizable to focus groups, but runs the danger of being unrecognizable to yourself."

At home, the elder Newman was also placing pressure on his son to change his image — and perhaps become someone less a target for bullies. He bought him Sum 41, Dave Matthews Band and Creed CDs, took him on father-son bonding trips and installed that basketball net.

"You went through those struggles as a young person and tried to stop me from going through those same situations," Alex said to his dad. "At the same time, I was stubborn and wanted to alienate myself."

"He was always a puzzle to me," answered Kevin. "I would attempt these things as a kid and fall apart and beat myself up and hate myself that I wasn't who my father wanted me to be."

"That was not Alex's case. Alex was, 'No, I am fine not being this and back off.' It just turned out he knew himself better at his age than I did when I was his age."

The key to developing a strong and healthy father-son relationship, Kevin said, is to realize your son is also a man.

"When they reach the age of emotional vulnerability, stop trying to be their hero. I think if Alex had known me better — the whole me better — we might not have been through a period of testing for as long as it lasted."

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BOOK BRIEFS**Giller Prize finalists revealed**

The Scotiabank Giller Prize's decision to expand its jury to five members from the usual three was heralded on Monday after an "eclectic and vibrant" short list of five finalists emerged.

"It feels like the Giller has been becoming a little bit more staid and centre-field over the years, whereas this particular jury and this particular long list was really interesting," said Toronto author Andre Alexis, who made the short list for *Fifteen Dogs* (Coach House Books). Other finalists for the \$100,000 prize for fiction include Montreal's Heather O'Neill for the story collection *Daydreams of Angels* (HarperCollins Publishers Ltd.) and Vancouver-based Anakana Schofield for Martin John (A John Metcalf Book, an imprint of Biblioasis). The list is rounded out by Montreal's Samuel Archibald for the story collection *Arvida*, translated by Donald Winkler (Biblioasis), and London-based Rachel Cusk for *Outline* (Harper Perennial, an imprint of HarperCollins Publishers Ltd.). THE CANADIAN PRESS

You're at a place called vertigo

MOVIES

Here's how to avoid nausea during films like *The Walk*

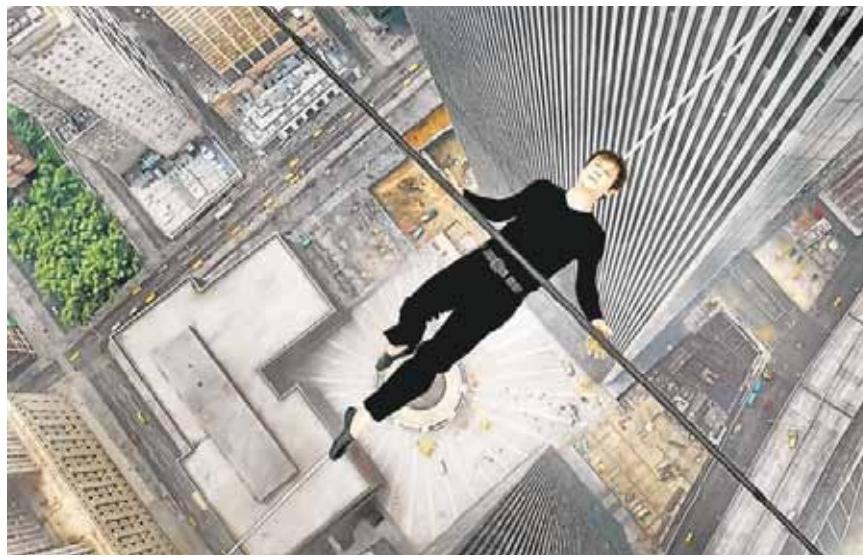
Eva Kis
Metro | New York

One of this month's best new movies is also making people sick. *The Walk*, about French daredevil Philippe Petit's high-wire crossing between the World Trade Center towers in 1974, is proving too intense for some moviegoers.

After a festival screening in New York, men were throwing up in the theatre's bathroom. Another patron, Percival Arguero-Mendoza, told the New York Post, "It felt very real. I felt a knot in my stomach. It's like my head was reeling but I was not dizzy."

There are several reasons that people could be getting sick.

Vertigo is a medical condition that describes a deficiency



People are reporting dizziness and nausea after watching scenes from Joseph Gordon-Levitt's new film *The Walk*. CONTRIBUTED

in the body's motion-sensing system that sends mixed or insufficient signals to the brain, causing dizziness and nausea.

The shots panning up the towers as well as looking down as Joseph Gordon-Levitt walks the wire can trigger the same

mismatch in what the eyes see but the body doesn't feel, as happens in motion sickness.

Fear of heights and falling can trigger similar symptoms as well; seeing the film in 3D adds another complication because the eyes' natural focal

point is tricked to create the visual effects.

Instead of skipping the movie, try these tips to cope with it:

- Like dancers who have to spin around, it helps to pick a

**It felt very real.
I felt a knot in my
stomach**

The Walk viewer
Percival Arguero-Mendoza

point and focus on it. If you're feeling dizzy, look away from the screen toward an exit sign or the back of another person's head.

- Pick a seat toward the middle or back of the theatre. Having the screen directly in front of you instead of looking up is more comfortable for your eyes.

- If you feel unwell, don't take off your 3D glasses. It'll just confuse your eyes further. Instead, close your eyes and focus on your breath to calm down.

- Get your eyes checked — vision problems like uneven eyesight and astigmatism can make you more likely to get headaches and feel sick during 3D movies.

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A daily grind that keeps Canada alive

NEW SERIES

Show is a candid look at health care system over 24 hours

Brian Gasperek
For Metro Canada

On Sunday night, CBC premiered its ambitious new medical series *Keeping Canada Alive*. The six-part reality show, voiced by Kiefer Sutherland, gives viewers a candid look at what a day in the life of Canada's in demand health care system is like. The series focuses on the intimate stories of several Canadian health care workers and their patients who are undergoing life saving procedures or learning to cope with life-changing ailments. Each episode plays out as a raw, real-life medical drama.

The series shares footage from a variety of health and home care facilities across 24 Canadian cities, shot simultaneously on 60 cameras in a 24-hour period.

"(The state of health care) is something we can all relate to,"



Keeping Canada Alive gives an in-depth look at the professionals and patients who use our health care system every day. CONTRIBUTED CBC

says *Keeping Canada Alive* creative producer Dianna Bodnar. "No matter who you are, no matter where you live, it's something that affects us all. How it functions is hugely important to us."

Bodnar explains that the show's epic shooting style was intended to not only be unique, but to create awareness about the intensity of which our health

care system operates on a daily basis. "We thought it was a great way to capture people's imagination and also get across that there are all of these stories, and thousands more happening just on a single day. Now multiply that by 365 and you get a really visceral sense that, wow, there is a lot of health care going on every day, every minute, all across Canada."

The series' 278-person crew made an effort to showcase how Canada's busy health care system functions across every inch of our country. "We wanted to cover a really good, diverse array of people from different cultural backgrounds," says Bodnar. "We wanted balanced, diverse geographical locations in Canada. And we wanted to try to cover

WATCH IT

- *Keeping Canada Alive* airs Sundays at 9 p.m. on CBC.
- For more information on the show, past episodes and 40 hours of extended footage, visit: cbc.ca/keepingcanadaalive

some of the major health issues that many people experience and also ones they don't know about."

Viewers are introduced to patients that are undergoing everything from heart transplants to neurosurgery, or who are learning to cope with trying ailments such as MS or mental illness with the help of a variety of practitioners. "What blew us all away was the generosity of the people that appeared in the series. The patients of course, and all of the health-care professionals. They were very generous with their time and (sharing) some very vulnerable moments."

Bodnar is hoping that the series will make an impact on Canadian viewers and how we approach shaping the future of our health-care system. "The

people in these stories are so compelling and so emotional. I hope these stories will make people feel and think about what kind of health care they want for themselves and their loved ones, and for Canadians ... for us all. And to really inspire a national conversation about that..."

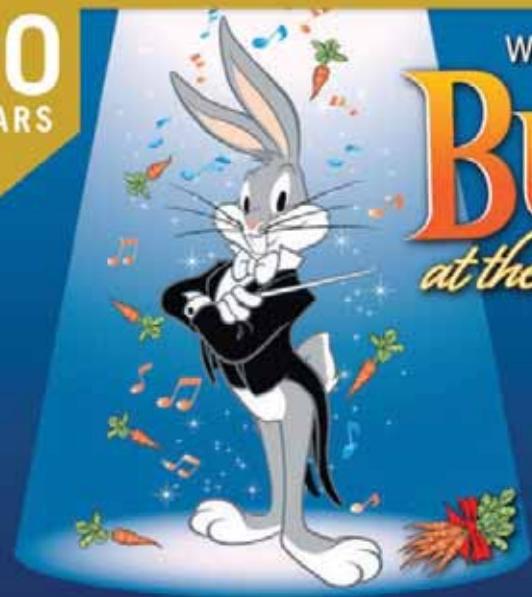
Bodnar hopes the series will especially have an impact on our nation's youth and their awareness of health care.

"That generation thinks they're invincible. It's a quality of being young. We have so many stories about young people. ... The 14-year-old girl dealing with her burn scars or the 28-year-old guy who's playing hockey one minute, and the next minute he's paralyzed and trying to defy the odds by learning how to walk and feed himself again. These things happen to us when we least expect it."

"It's important for young people to be aware, because like it or not, they're inheriting a big ball of wax in terms of a really complex issue. We have declining resources and they're going to have to be in the position to inherit that and make some hard decisions with the resources we have."

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Your essential daily news

The Cubs' Kris Bryant has the most popular jersey among big leaguers this season

Ramo gets first crack in Flames' 3-goalie rotation

NHL

Crowded crease also consists of Hiller, Ortio

The man who finished last season in the Calgary Flames' net has been given the nod to start this season.

Flames head coach Bob Hartley named Karri Ramo his opening-day starter, but that settles just one question about Calgary's goaltending situation.

The 29-year-old Finn will play Wednesday's opener at home against the Vancouver Canucks with Jonas Hiller backing him up.

Ramo made 44 saves in Calgary's final game last spring — a 3-2 overtime loss to the Anaheim Ducks in Game 5 of their Western Conference semifinal.

But with three goaltenders on one-way contracts still in Flames' camp Monday, there was an undercurrent of waiting for a decision from above to resolve the crowded crease.

"The only good thing about three goalies is we have another subject of conversation," Hartley said. "That's about the only good thing that comes out of it, but at the same time, it's our situation and we're going to work with it and see what's going to happen."

Ramo became an unrestricted free agent July 1 and resigned with the Flames for a year and \$3.8 million US. Hiller, 33, has one season remaining on his contract that counts \$4.5 million against the salary cap.

Joni Ortio's contract becomes a one-way deal this season, paying him \$600,000. The 24-year-old Finn had an outstanding call-up in January when Ramo was injured. Ortio allowed a combined five goals in four wins over division rivals.

Hartley intends to continue last season's goaltending strategy of going with the hot hand until it goes cold.

So it will be a short trip to backup status again as the coach isn't shy about swapping goalies mid-game.

"Win. Simple as this," Hartley said.

"We have the same ingredients in net so we might as well keep the same recipe book. They win, they play. They don't win, we have the musical chair going."

The Flames reduced their numbers to 26 on Monday by assigning centre Markus Granlund to their new American Hockey League affiliate in Stockton, Calif. Centres Paul Byron and Mason Raymond were placed on waivers.

THE CANADIAN PRESS



Karri Ramo was in goal as the Flames wrapped up their season against the Ducks in the Western Conference semifinals. DEREK LEUNG/GETTY IMAGES

MLB PLAYOFFS

Blue Jays face decisions for 25-man ALDS roster



Infielder Munenori Kawasaki is among the players who are on the bubble to make the Blue Jays' 25-man roster for their series against the Rangers. ROB CARR/GETTY IMAGES

Since late July the Toronto Blue Jays have shown they can dominate regular-season baseball, going 43-18 down the stretch.

With the post-season here, it's on the management and coaching staff to construct a 25-man roster that they hope can win three games out of five in their American League Division Series, then four out of seven the rest of the way.

At least 21 spots are accounted for among the starting rotation, bullpen, lineup and key contributors off the bench.

Before Game 1 of the ALDS

against the Texas Rangers, the Blue Jays have to finalize the last few and beyond that decide on their order of pitchers.

General manager Alex Anthopoulos said the Blue Jays would likely go with a seven-man bullpen, which, with a four-man rotation, gives them 14 hitters.

Assuming utility infielder Cliff Pennington makes it because of his versatility in the field and as a switch-hitter, that leaves two more spots for the likes of outfielders Ezequiel Carrera and Dalton Pompey, and infielders Munenori Kawasaki

and Matt Hague.

In the bullpen, there are six locks: closer Roberto Osuna, right-handers Aaron Sanchez, LaTroy Hawkins, Mark Lowe and Liam Hendriks and left-hander Brett Cecil. The final job appears to be between righty Ryan Tepera and lefty Aaron Loup, though starter Drew Hutchison might have a chance as a long reliever.

Loup would give the Blue Jays a second lefty after Brett Cecil, which could be useful in certain situations late in games.

THE CANADIAN PRESS

IN BRIEF

Nationals fire Williams

Manager Matt Williams was fired by the Washington Nationals on Monday after a season in which the team went from World Series favourite to failing to make the playoffs.

The club announced the move a day after finishing the regular season barely above .500 at 83-79, second to the New York Mets in the NL East.



Matt Williams
GETTY IMAGES

Williams is gone after only two seasons in his first job as a skipper in the majors. Last year, he was voted NL Manager of the Year after the Nationals finished with the best record in the league. In February, the Nationals exercised his 2016 contract option.

THE ASSOCIATED PRESS

Philbin out, Campbell in as head coach of Dolphins

Joe Philbin was fired Monday four games into his fourth season as coach of the Miami Dolphins, and one day after a flop on an international stage that helped to seal his fate.

Tight ends coach Dan Campbell, who has been with the Dolphins since 2010, was promoted to interim coach. He has no previous head coaching experience.

The Dolphins (1-3) lost their third game in a row and turned in their fourth consecutive lacklustre performance when they were beaten Sunday in London by the archrival New York Jets, 27-14.

THE ASSOCIATED PRESS

New measures help MLB cut 6 minutes from games

Major League Baseball has managed to cut six minutes from the average time of a nine-inning game this season, when it adopted some speed-up rules.

STATS said Monday that the season average ended at 2 hours, 56 minutes. While the average dropped to 2:53 in the first half of the season, it was back at 3:00 after the all-star break. THE ASSOCIATED PRESS

NHL

Head shots earn Torres 41-game ban

The NHL handed out one of its longest suspensions for on-ice conduct in league history by banning San Jose Sharks forward Raffi Torres 41 games for an illegal hit to the head of Anaheim Ducks forward Jakob Silfverberg.

Torres is one of the worst head-shot offenders in recent years, since the Department of Player Safety began cracking down on them. It's the fifth suspension for Torres. He has also been fined three times and warned twice.



Raffi Torres
GETTY IMAGES

in 703 games, according to director of player safety Patrick Burke, who narrated the suspension video.

Torres had already been suspended for hits to the head of Jordan Eberle (April 2011), Nate Prosser (December 2011), Marian Hossa (April 2012) and Jarret Stoll (2013).

Silfverberg was his latest vic-

tim when Torres lined up the Swede during Saturday night's pre-season game and drove his left shoulder upwards into his head. Silfverberg left for precautionary reasons but was considered OK. Torres was almost a full second late on the hit after Silfverberg was stripped of the puck. He will forfeit \$440,860.29 US in salary as a result of the suspension.

This suspension is 11 games longer than the one given to

Chris Simon in 2007 for stomping on the ankle of Jarkko Ruutu. Torres's previous high was 25 games for the hit on Hossa in the 2012 playoffs.

Torres's suspension flies in the face of a positive trend for the NHL. Suspensions were down 49 per cent last season from 2011-12, the first year Brendan Shanahan was in charge of the Department of Player Safety. Stephane Quintal is now department head.

THE CANADIAN PRESS



Quinton Jackson, right, trades blows with Fabio Maldonado during UFC 186 in Montreal. GRAHAM HUGHES/THE CANADIAN PRESS

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UFC triple for Canada next year

MMA

Calgary and Toronto likely to host event

19

The number of shows the UFC has held in Canada.

back to Halifax," Wright added.

The Canadian schedule could feature one pay-per-view and two televised Fight Night cards.

The UFC planned three to five shows in Canada this year. Only two came to fruition — UFC 186 in Montreal in April and a televised card in Saskatoon in August.

"We're looking at three events in Canada and two in Australia and New Zealand," said Wright.

The UFC, in trying to sort out the schedule, is looking at both old and new Canadian venues.

"We're looking at potentially going back to the East Coast but maybe to a different city than Halifax although we could go

to Las Vegas from Toronto and the Montreal card was cancelled, cutting the Canadian shows to three. THE CANADIAN PRESS

NHL IN BRIEF

St. Louis Blues signs veteran forward Upshall

The St. Louis Blues signed forward Scottie Upshall, who had been in training camp as a tryout, to a one-year, two-way contract.

The 31-year-old Upshall is a 12-year veteran and had 15 points in 63 games with Florida last season. He's also played for Columbus, Phoenix, Philadelphia and Nashville and has 234 points in 535 games.

Upshall was a first-round pick in the 2002 draft.

The Blues also assigned four players to Chicago of the AHL. THE ASSOCIATED PRESS

Defenceman Robidas likely to miss out on Leafs roster

It appears Stephane Robidas will not be part of the Toronto Maple Leafs' immediate plans.

The Maple Leafs need to make one more move to get down to a 23-player active roster by Tuesday's deadline, and it's believed that the veteran defenceman will be placed on injured reserve to make the roster legal.

Robidas was not at practice on Monday morning as he's dealing with multiple ailments, according to head coach Mike Babcock.

THE CANADIAN PRESS

RECIPE Salmon Parcels

PHOTO BY AMY SINKEL

Ceri Marsh & Laura Keogh
For Metro Canada

Dinner's all wrapped up with these healthy fish and veggie parcels.

Ready in
Prep time: 25 minutes
Serves 2

Ingredients

- 1 Tbsp sesame oil
- 1 Tbsp rice vinegar
- 1 tsp low sodium soy sauce
- 1 tsp ginger, minced
- 1/2 carrot, cut into matchsticks
- 1 red or yellow pepper, cut into matchsticks
- 1 baby bok choy, white part cut into matchsticks, green part cut into ribbons
- 2 salmon fillets
- Parchment paper

Directions

1. Preheat oven to 400 degrees.
2. Whisk together the sauce of

oil, vinegar, soy sauce and minced ginger. Toss your veggies in the sauce.

3. Cut your parchment into two 12-inch by 18-inch squares. Cut the largest heart shapes you can within the squares. Fold it in half down the middle and make a crease.

4. Working on your bake sheet, place the parchment down and put half of your veggies down on one half of the heart. Then place one piece of fish on top of the veggie bed. Now fold the heart closed and fold and pleat the edges until it is sealed. There will be a little bit at the end that you'll have to tuck under. Repeat with your other parchment heart.

5. Bake in the oven for 15 minutes. Remove and slip the parcels right onto a plate and slice open with scissors. Careful! Steam will come out fast so make a small cut first to allow a bit to escape before cutting more.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

Cancer June 22 - July 23
There is no point trying to force other people to see things your way. Whatever you suggest they will do the opposite. You could bluff them but, seriously, is it worth the effort?

Leo July 24 - Aug. 23
Try not to panic, especially if your workload is getting too much for you. Today's Sun-Pluto link tends to make you look on the dark side of every situation. Lighten up, nothing bad is going to happen.

Virgo Aug. 24 - Sept. 23
Show others what you can do but don't for a moment think that you are in some way obligated to perform for their delight. If anything they should be putting on a show for you.

CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN**ACROSS**

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1. 'Court and ___'; 1974 Joni Mitchell album
6. Makes spiffy
11. 'Ideal' suffix
14. ___ of Troy
15. Mann or Osbourne
16. Schuss
17. Lyre-playing Muse
18. Symbols
19. Perfect rating
20. Tied tie type named for British royalty: 2 wds.
22. Tell a tale
23. Old French coin
24. Make corrections
26. Bountiful symbol especially at Thanksgiving: 3 wds.
33. S-shaped mouldings
34. "It's ___." (Greenlight giver's verdict)
35. Beseeched
39. Stick in one's ___ (Rankle)
40. Was wearing: 2 wds.
42. ___-Seltzer
43. Military cap
44. ___-defined
45. MC Hammer hit: "___ Touch This"
46. Old fashioned looking door unlockers: 2 wds.
50. Leading letter
53. 1914 to 1918
54. Caustic stuff
55. 1992 Neil Young album: 2 wds.
63. ___ pedestal
64. "What's the ___ trying?" (Why bother?)
65. "I was ___ man in Paris..." - Joni Mitchell
66. U.S. broadcasting watchdog
67. Engage in hen-pecking: 2 wds.
68. Ms. O'Donnell
69. Tea: French
70. Capably
71. Whimsically funny
72. Ms. Gilpin
73. Mr. Alda
74. Taken back [abbr.]
75. Minoan civilization's ancient city
76. Get into groups of two: 2 wds.
77. Humphrey's role in "Casablanca"
(1942)
8. Bit of "Burning Up" by Madonna: "...cause ___ fire..."
9. Rock Hudson/Doris Day movie, "Send ___ Flowers" (1964)
10. Group of six
11. Basket fibre
12. Coil of yarn

13. Extracted the ore
21. Punched cartoon character's reaction!
25. Canadian show, "Wind at ___"
26. Farm animal joint
27. Fiend
28. Gather the crops
29. Sort of recent
30. Gravy boat accessory
31. Self-importance
32. Rimouski refusal
36. Wings, to Nero
37. Lettered fashion label
38. Gobbles the Tofurky
40. "Giddy up!"
41. Totally
45. Dancer's rehearsal outfit
47. Big ___ (Very important person)
48. Canadian bank note with Queen Elizabeth's image
49. Cringer's cries!
50. Airborne
51. Movies: David or Kelly
52. Harmony
56. CEO's "Quick!"
57. Mil. unit
58. Test tube's pal
59. Dial ___ Murder" (1954)
60. "... ___ it seems." (It appears that way)
61. Trompe l'___ (Visual illusion)
62. American portrait artist, Alice ___ (b.1900 - d.1984)

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

9	3	1	6	4	2			
2			4					6
1		8	3					5
9	5					1		7
4			5			6		
6	1					8		3
3		4	7					2
4			8					1
1	6	5	2	9	7			

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*** IT'S ALL IN THE STARS** by Sally Brompton**Aries** March 21 - April 20

A relationship issue needs dealing with right now. If you leave it even one more day you will find that the window of opportunity will shut for good. If the relationship means anything to you then save it!

Taurus April 21 - May 21

You don't care if what you say offends other people, in fact you like it. Choose your words for maximum impact today — it is the price they pay for avoiding the truth for so long.

Gemini May 22 - June 21

Don't worry about money matters today because there is nothing you can do about them. Instead, visualize your perfect situation. What you imagine today will happen tomorrow.

Cancer June 22 - July 23

There is no point trying to force other people to see things your way. Whatever you suggest they will do the opposite. You could bluff them but, seriously, is it worth the effort?

Leo July 24 - Aug. 23
Try not to panic, especially if your workload is getting too much for you. Today's Sun-Pluto link tends to make you look on the dark side of every situation. Lighten up, nothing bad is going to happen.

Virgo Aug. 24 - Sept. 23
Show others what you can do but don't for a moment think that you are in some way obligated to perform for their delight. If anything they should be putting on a show for you.

Libra Sept. 24 - Oct. 23

Don't go too far today because your efforts to make a name for yourself could cause problems. You don't have to keep a low profile but you do have to do everything by the book.

Scorpio Oct. 24 - Nov. 22
You will be able to predict what others are going to do before they know it themselves. You can and you must make use of that ability.

Sagittarius Nov. 23 - Dec. 21
Your confidence may be a bit low at the moment but that does not mean you should withdraw from the world. On the contrary, you need to get yourself back into the fray and show those who doubt you that you never give in.

Capricorn Dec. 22 - Jan. 20

Be on your guard if someone promises you something for nothing today. The planets warn that their generosity is not all it seems. You will be expected to do something for them in return — and it could cost you.

Aquarius Jan. 21 - Feb. 19

The harder you work the more there seems still to be done. Slow down a bit. Whatever deadlines you are working under are unnecessary and should be ignored.

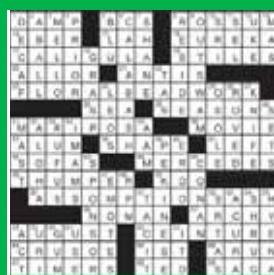
Pisces Feb. 20 - March 20

Don't worry too much about the details of what you are doing. Commit yourself to it and have confidence that it will come right in the end. Just don't lose sight of the big picture.

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